Excited Utterance

- Statements made while being treated in an urgent setting such as emergency room may be interpreted as “excited utterance.”
- In most states these statements are allowed within the court and are not considered medical hearsay.

Prevention/Risk Reduction Education

Block 24

Sexual Assault Response Coordinator Training

Prevention/Risk Reduction Foundations

Prevention v. Risk Reduction

- Traditional “prevention” education was geared toward potential victims and stranger rape
- Prevention education must be geared toward those who can actually stop the crime
  - Bystander/facilitator
- Approach risk reduction education with caution

Notes of Caution

- Be aware that there may be survivors in the audience.
  - Use a “Disclaimer Statement” prior to briefing
- Always address victim blaming with facts
- Be prepared for victim disclosures
- Have a plan for how to welcome disclosure and protect disclosing person
- Never argue with the audience
  - find ways to respond with facts or questions
  - Go to the group for support

First Things First: Understand the Requirements

- Entry Level Training
- Annual and Periodic ”Refresher” Training
- Specialty Training (such as First Responder)
- Make sure you know what the training requirements are.
  - DoD & Air Force requirements

Be Resourceful

- Adopt a team approach
  - Collaborate with others on your installation
  - Engage subject matter experts in your community
- Don’t reinvent the wheel
  - Borrow best practices from other SARCs and programs
  - Surf the web
  - Tap into civilian resources

Keep It Simple

- Establish a clear take-away message
- Go easy on the statistics
- Don’t overload your slides with too much information
- Avoid “death by PowerPoint”

Know Your Audience

- Define your target audience(s)
- Select times, locations and methods/ media that work best for each target audience
- Tailor your message and its delivery to suit your specific audience (e.g., young troops vs. commanders/senior leaders;)

Assessing the Audience

- How large is the audience?
  - Can you reasonably expect in-depth discussion?
- How well does the audience know each other and in what context?
  - Will participation be augmented or suppressed by any existing relationships?
- Is there a range of ages, military ranks, cultures, or ethnicities that might impact audience reaction or receptivity?

Single Sex v. Mixed Sex Audiences

- What does the research tell us?
- Sensitive issue for military audiences
- Gender considerations in message and format
  - Different goals, different strategies
  - Content considerations for mixed gender group
    - May compromise effectiveness

Strategies in Program Delivery

- Culture and ethnicity considerations
  - Perceived relevance improves message retention
  - Include statistics about multiple cultural and ethnic groups
  - Include and debunk myths about cultural and ethnic groups
  - No indication that one ethnic or cultural group responds negatively to inclusion of data on others

Heppner, 1999

Strategies in Program Delivery

- Single presentation vs. multiple presentations
  - Single: heavily studied so have validated data on effectiveness of particular approaches for this
  - Multiple: postulated to be more effective
  - Long term change generally associated with # of sessions

Heppner, 1999

Strategies in Program Delivery

- Length of presentation
  - 45 minutes to 2 hours
    - 90 minutes recommended
- Size of group
  - 30 or less
  - 8 or less for role plays groupings

Prevention/Risk Reduction in the Military Context

- Key Issues
  - More vulnerable population?
  - Low reporting rates
  - Importance of believing it's not happening in my unit
  - High stakes if victim does disclose

Prevention in the Military Context: Special Issues

- Women's role in the military
  - Historically seen as a man's role
  - Being in the minority, or newly admitted, presents challenges to established systems
  - Having a different experience from the majority adds to the isolation of being new or in the minority

Nelson, 2002

Engage your Audience

- Stimulate
  - Use appropriate humor
  - Employ games and/or scenarios
  - Use technology and multi-media
- Encourage Discussion and Interaction
  - Ask questions
  - Encourage positive peer pressure

Set Realistic Objectives

- Do not try to accomplish too much in any one brief
- Remember that culture change is a gradual process
- Be prepared for the giggle factor
  - Deal with the giggling up front
  - Address audience discomfort
  - Consider separating groups by sex, rank

How Do We Know?

- How has most of America learned of the national problem of child abuse?
  - Read an occasional article or seen a TV program?
  - Movies?
  - High profile cases- Jon Benet Ramsey?
  - Know someone who was a victim?
  - Been a victim themselves?
- If these were your only sources of information do you think you would believe that this is a new problem?
- What would you believe about child abuse if these were your only sources of information?
- What would you believe about sexual assault if these were your only sources of information on that topic?

Key Topics

- Myths and Facts
- Victim impact/response
- Neurobiology of trauma
- Bystanders and facilitators
- Risk reduction for potential victims
- Drug facilitated sexual assault
- Criminal justice processes
- Significant others' trauma
- Services for victims and their significant others

Key Topics

- Audience dynamics impact teaching of prevention topics
- The military context impacts prevention strategies
- Victim empathy can be taught by:
  - Focusing on long term effects
  - First person narrative
  - Neurobiology
  - Offender data (emphasizing predatory nature and premeditation
  - Drugging information (emphasizing premeditation and helplessness of the victim)

Bystander Intervention

- Violence is not a norm among men
- Men believe that sexually coercive and aggressive conduct is the norm among men
- The majority of men are potential allies in the anti-violence movement

Kilmartin, 1994

Bystander Intervention

- Bystander as intervener
  - Reject language degrading of women
  - Challenge beliefs about aggressive or coercive sexuality
  - Offer assistance to potential victims as appropriate
  - Need to learn and practice the necessary skills

Bystander as Witness

- Bystander as witness
  - Bragging by offender
  - Planning of offense by offender
  - Victim vulnerability
  - Hard to do

Risk Reduction Education

- Need to approach carefully
- Vulnerable populations
- Not just whistles and self-defense classes
- Assertiveness/boundary settings
- Ideas?

Criminal Justice Issues

- LOTS of misunderstanding about this process!
- Prosecution brings the case
- The victim is a witness, not a plaintiff
- Victim is subject to cross-examination and discovery
- A victim who reports the crime protects the community from what has already happened to the victim

Attrition in the Criminal Justice System

- 80%-95% of sexual assaults are not reported to law enforcement (Kilpatrick, 1992)
- An unknown number are unfounded by law enforcement (Campbell and Johnson, 1997)
  - Philadelphia, Atlanta, Baltimore, and Detroit have come under scrutiny for this practice
- More than half of the investigated cases are declined for prosecution (Campbell et al., 1999)
- 13%-25% of reported sexual assaults result in convictions, about 7% of convictions result in prison sentences (Campbell et al., 1999)

Significant Others

- Hearing about the sexual assault of a loved one is a psychological trauma
- Family members may experience some of the same trauma symptoms as the victim
- Victims often experience sexual assault as an attempted murder. The experience challenges everything about them, including how they connect with those they love

Significant Others

- It can be difficult to re-engage with the victim
- Victims may need more from the significant other than they have needed before, or they may be able to accept much less
- Victims have to recreate themselves and the relationship has to be recreated also. But the victim's partner has to facilitate all of that without having the experience

Alcohol/Drugs

- Alcohol is the most commonly used drug for facilitation of sexual assault
- Victims who have experienced an illness or who have “lost time” should be assessed for involuntary drugging
- Drugs used for facilitating sexual assault are readily available or easily assembled at home

Alcohol/Drugs

- Voluntary intoxication
- Involuntary intoxication
- EITHER one can render victim unable to give consent to sexual activity
- Response is usually very different when victim uses v. when perpetrator uses
  - Drunk driving example

Document Your Training

- Utilize technology (such as, on-line course registration)
- Save sign-in sheets
- Follow Air Force standards and guidelines

Prevention/Risk Reduction Resources

Primary Prevention

- Approaches that take place *before* sexual violence has occurred to prevent initial perpetration or victimization.
  - Notions of masculinity
  - Healthy and respectful relationships
  - Men's role in prevention
  - Climate change

http://www.cdc.gov/ncipc/dvp/SVPrevention.pdf

Engaging Men in Prevention

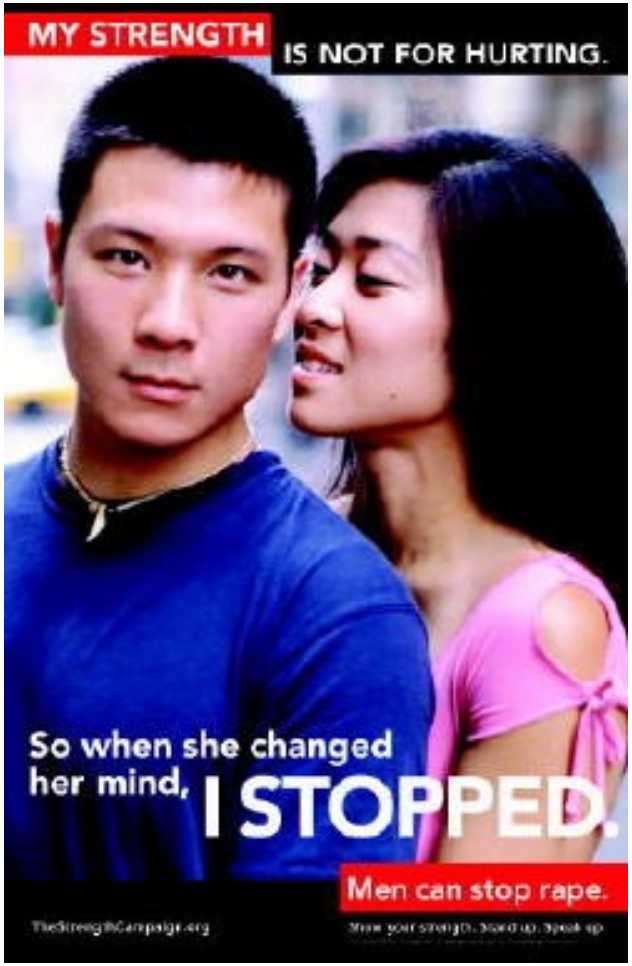
- Gender Roles and Norms
  - What is a “real” man?
  - Different ideas about strength – who is the strongest man you know?
  - In a relationship a man should be…
- Attitudes towards sex and sexuality
  - A man who sleeps around is…
  - A woman who sleeps around is…

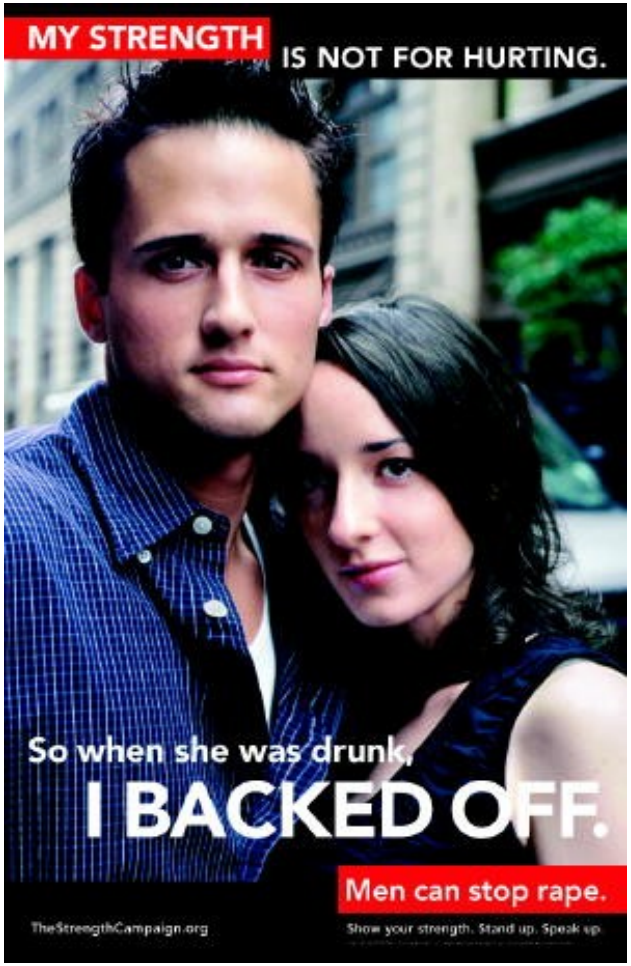
Actions Speak Louder

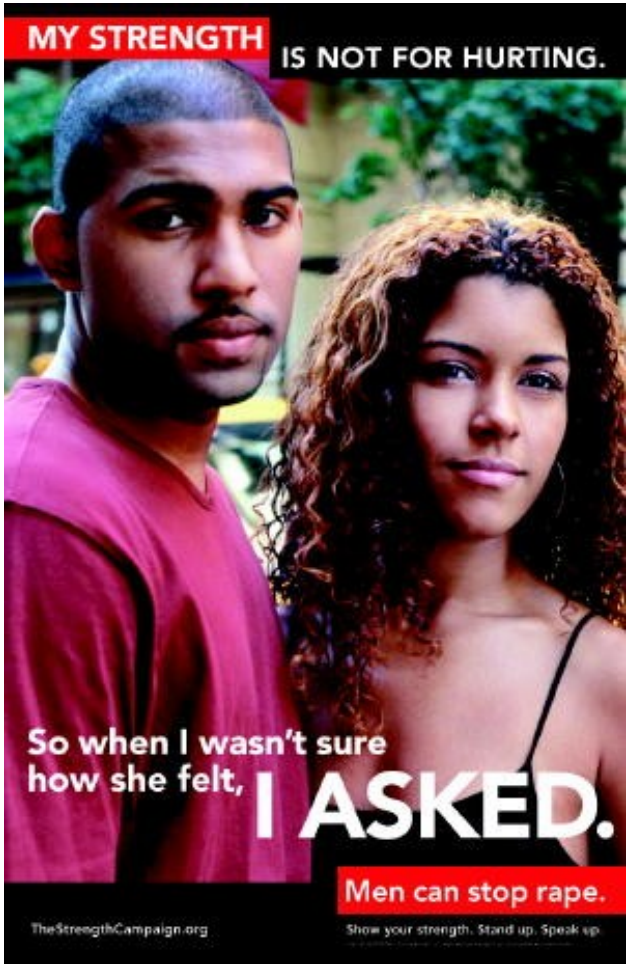
- Empower bystanders to intervene with scenarios and role plays
  - *What would you say to a friend who was hoping to "score" with a very drunk person?*
  - *How could you rescue your friend from an aggressive guy without a confrontation?*
- Reinforce Wingman concept

Men Can Stop Rape

www.mencanstoprape.org

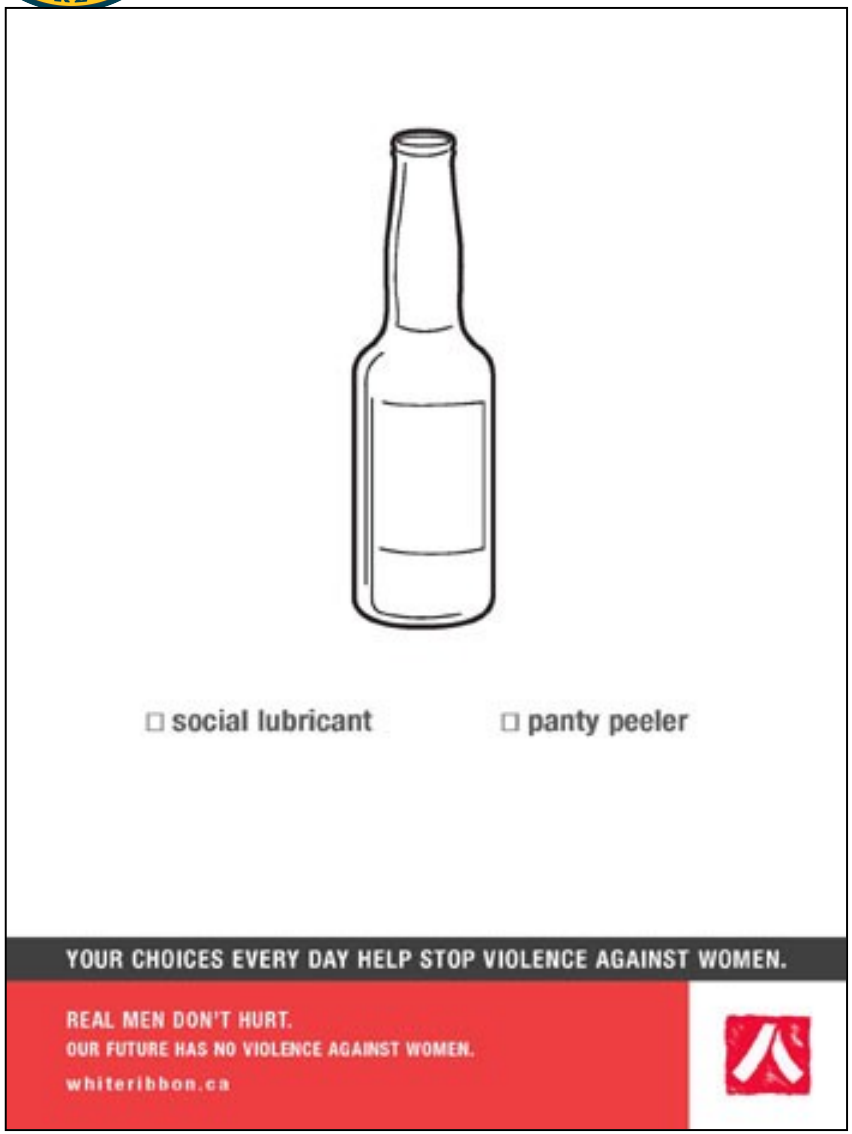

MY STRENGTH
IS NOT FOR HURTING.
So when she changed her mind, I STOPPED.
Men can stop rape.
TheStrengthCampaign.org
Show your strength. Stand up. Speak up.

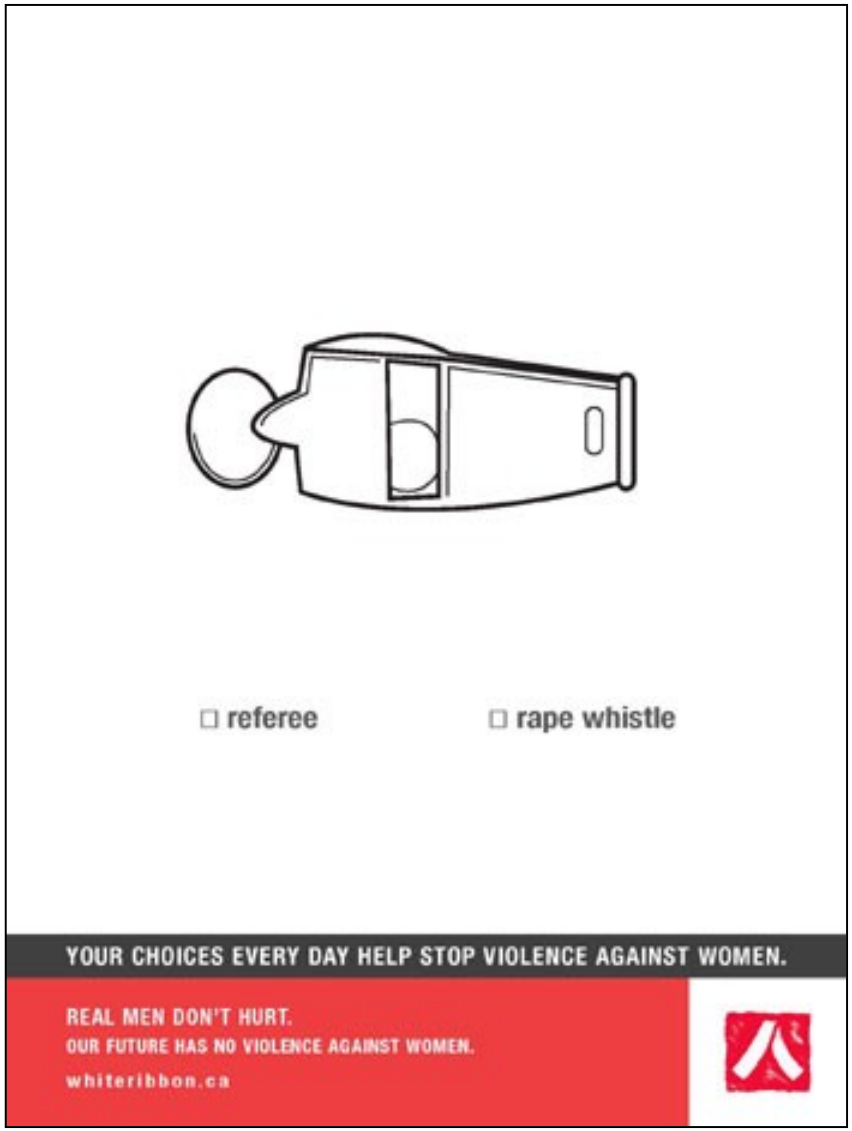

MY STRENGTH
IS NOT FOR HURTING.
So when she was drunk, I BACKED OFF.
Men can stop rape.
TheStrengthCampaign.org
Show your strength. Stand up. Speak up.


MY STRENGTH
IS NOT FOR HURTING.
So when I wasn't sure how she felt, I ASKED.
Men can stop rape.
TheStrengthCampaign.org
Show your strength. Stand up. Speak up.

The White Ribbon Campaign

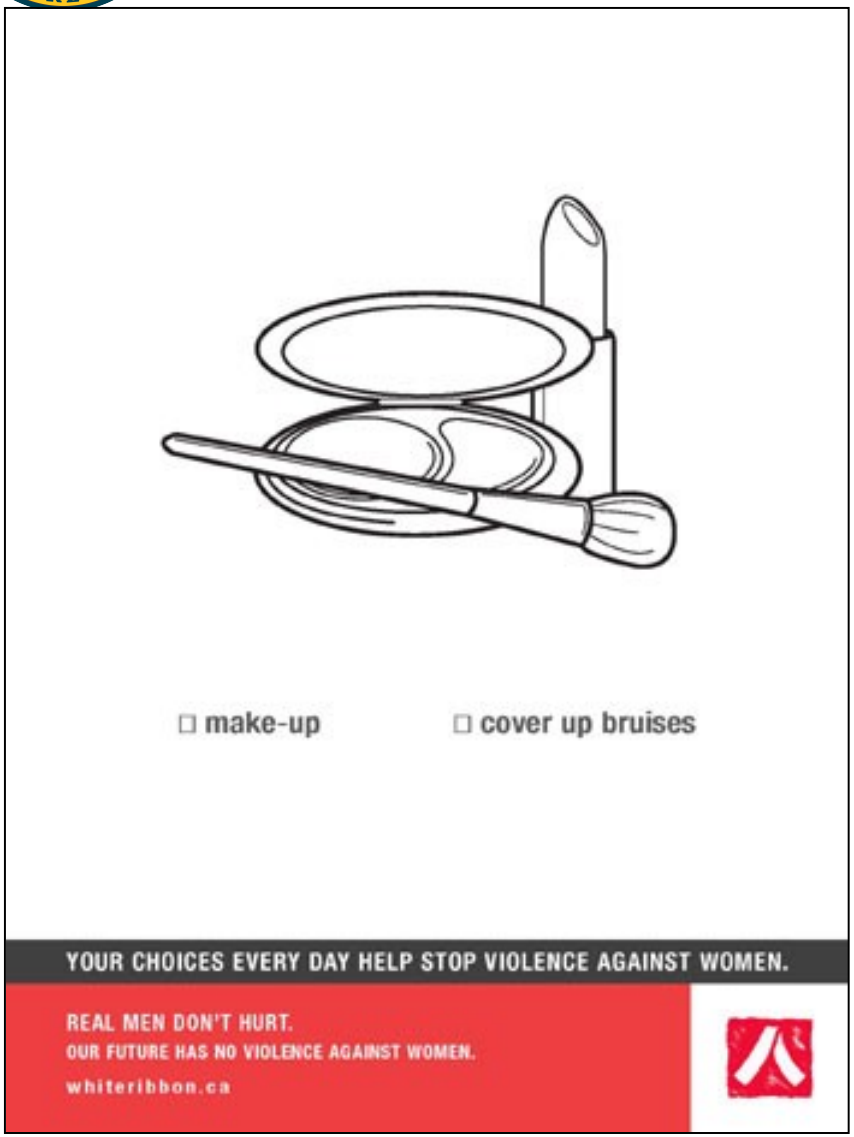
http://www.whiteribbon.ca/

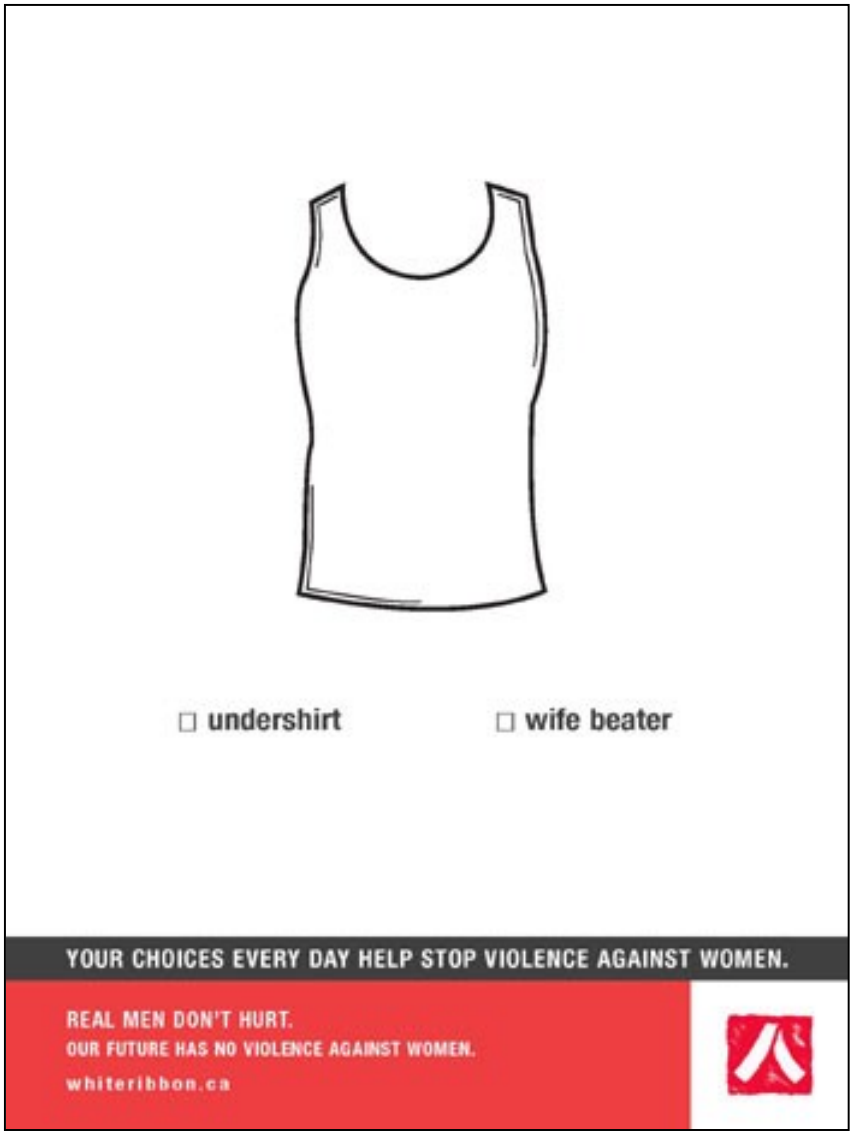

☐ social lubricant
☐ panty peeler
YOUR CHOICES EVERY DAY HELP STOP VIOLENCE AGAINST WOMEN.
REAL MEN DON'T HURT.
OUR FUTURE HAS NO VIOLENCE AGAINST WOMEN.
whiteribbon.ca


☐ referee
☐ rape whistle
YOUR CHOICES EVERY DAY HELP STOP VIOLENCE AGAINST WOMEN.
REAL MEN DON'T HURT.
OUR FUTURE HAS NO VIOLENCE AGAINST WOMEN.
whiteribbon.ca

The White Ribbon Campaign

http://www.whiteribbon.ca/


☐ make-up
☐ cover up bruises
YOUR CHOICES EVERY DAY HELP STOP VIOLENCE AGAINST WOMEN.
REAL MEN DON'T HURT.
OUR FUTURE HAS NO VIOLENCE AGAINST WOMEN.
whiteribbon.ca


☐ undershirt
☐ wife beater
YOUR CHOICES EVERY DAY HELP STOP VIOLENCE AGAINST WOMEN.
REAL MEN DON'T HURT.
OUR FUTURE HAS NO VIOLENCE AGAINST WOMEN.
whiteribbon.ca

WHAT THEY GROW UP TO BE DEPENDS ON WHAT YOU TEACH THEM.

Violence against women is wrong.

Violence against women is wrong, no matter how you look at it. Men play an important role in our nation's efforts to stop violence against women. All men have the opportunity to serve as role models for other men and boys in regard to the treatment of women and girls. Boys need to be taught at a young age that using violence against women is wrong and will not be tolerated. Men are in a unique position to communicate this message in a strong, compassionate, and meaningful way. Working in partnership, men and women together can make enormous strides toward changing attitudes and perceptions around domestic violence, sexual assault, and stalking.

VIOLENCE AGAINST WOMEN

WE CAN STOP IT

For more information on how you can join the thousands of men who are working to end violence against women, go to www.ojp.usdoj.gov/vaw

Sponsored By: U.S. Department of Justice, Office on Violence Against Women and the Sports Leadership Institute at Adelphi University.

http://www.usdoj.gov/ovw

Video
Tough Guise:
Violence, Media and the Crisis in Masculinity

Addressing the role of Alcohol: Valentine's Day Dating Game

1. On my last date I went out with someone who got drunk and made a fool of himself. Now I have higher standards. Tell me your plan on how you will be a responsible drinker on our date?
2. Let's say I'm taking cold medication and can't drink on Valentine's Day. Tell me what romantic plans you would make for us.
3. I want to hook up on Valentine's Day but I know that isn't always a good idea. What are some potential pitfalls of getting physical on the first date?
4. I love getting big boxes of chocolates for Valentine's Day. If you were in my box, what type of chocolate would you be and why?

Dating for Dummies

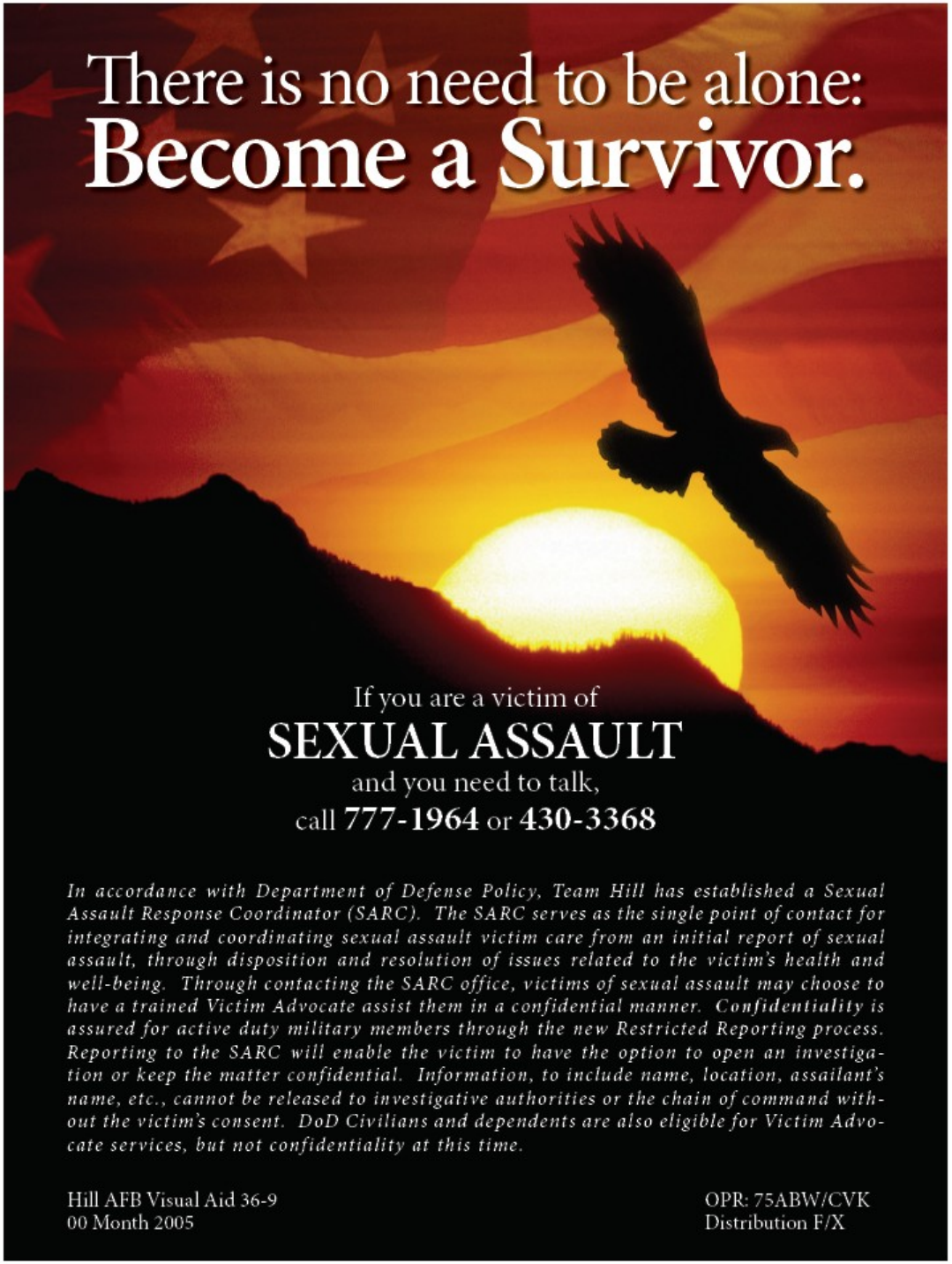
Overview

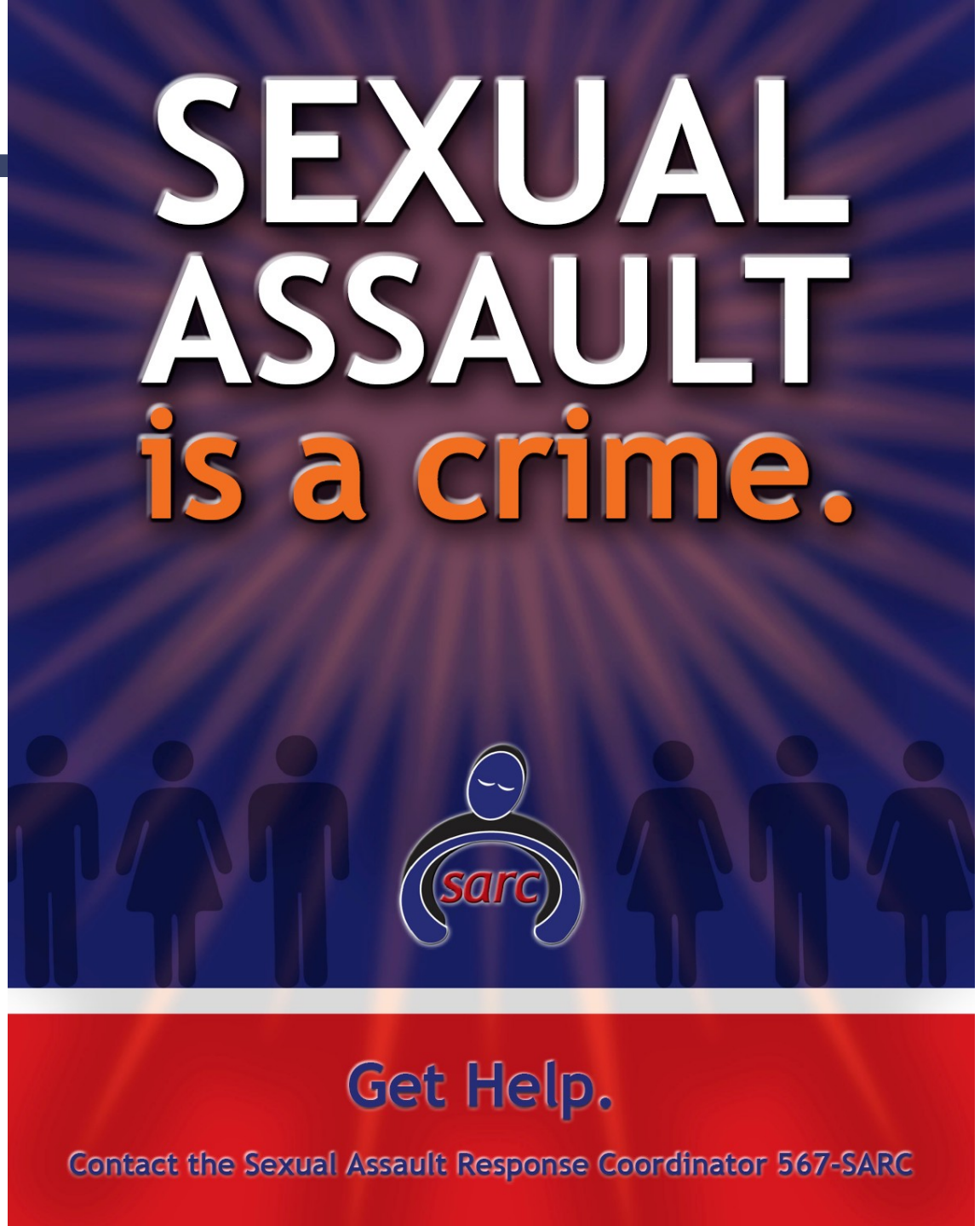
- Where Do I Find Him/Her
- Online Dating
- Initiating Conversation
- First Dates
- What to Say on the First Date
- Warning Signs

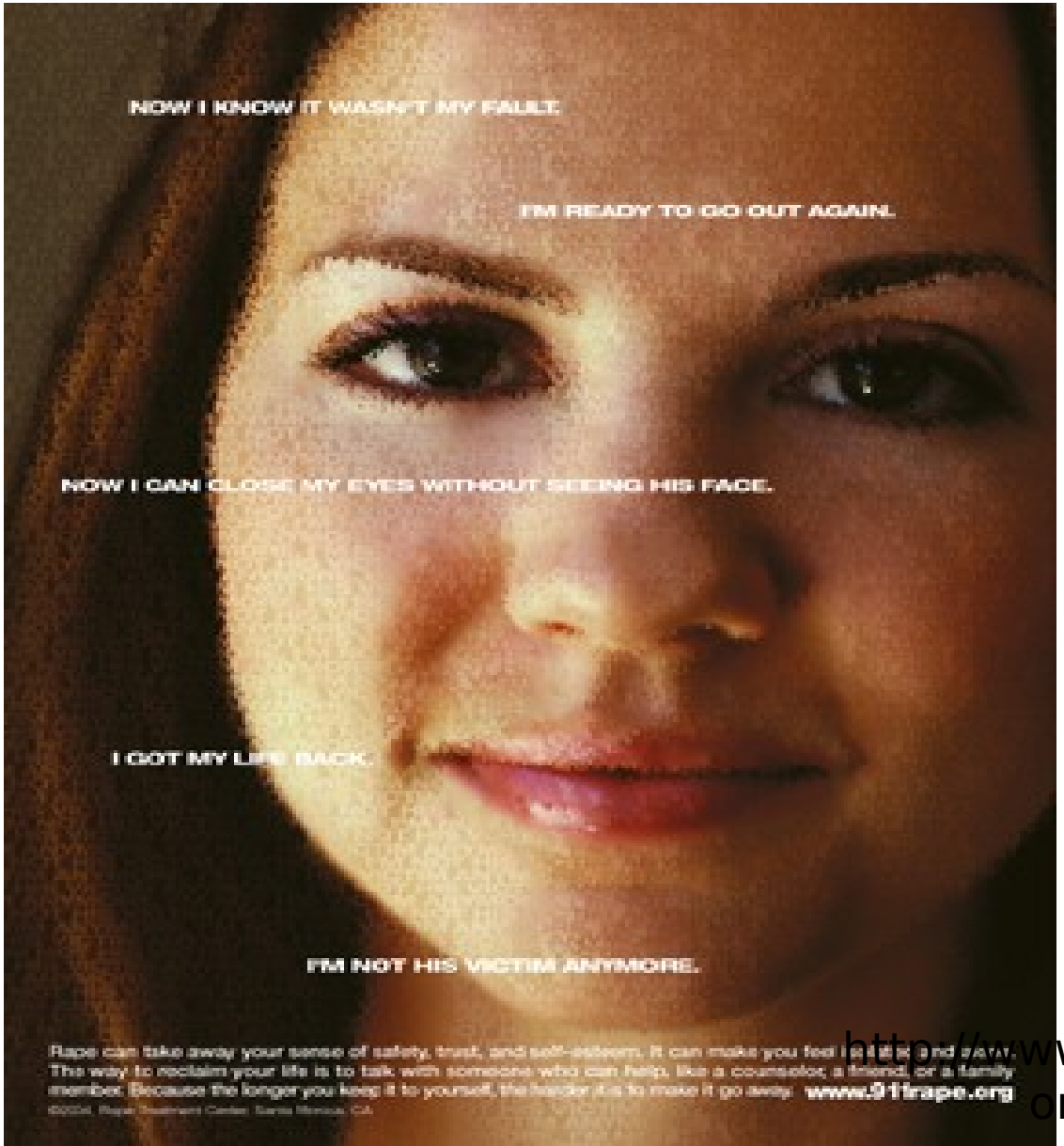
Secondary Prevention

- Immediate responses *after* sexual violence has occurred to deal with the short-term consequences of violence.
  - Crisis intervention
  - Counseling
  - Advocacy

http://www.cdc.gov/ncipc/dvp/SVPrevention.pdf


There is no need to be alone:
Become a Survivor.
If you are a victim of
SEXUAL ASSAULT
and you need to talk,
call 777-1964 or 430-3368
In accordance with Department of Defense Policy, Team Hill has established a Sexual Assault Response Coordinator (SARC). The SARC serves as the single point of contact for integrating and coordinating sexual assault victim care from an initial report of sexual assault, through disposition and resolution of issues related to the victim's health and well-being. Through contacting the SARC office, victims of sexual assault may choose to have a trained Victim Advocate assist them in a confidential manner. Confidentiality is assured for active duty military members through the new Restricted Reporting process. Reporting to the SARC will enable the victim to have the option to open an investigation or keep the matter confidential. Information, to include name, location, assailant's name, etc., cannot be released to investigative authorities or the chain of command without the victim's consent. DoD Civilians and dependents are also eligible for Victim Advocate services, but not confidentiality at this time.
Hill AFB Visual Aid 36-9
00 Month 2005
OPR: 75ABW/CVK
Distribution F/X


SEXUAL
ASSAULT
is a crime.
sarc
Get Help.
Contact the Sexual Assault Response Coordinator 567-SARC


NOW I KNOW IT WASN'T MY FAULT.
I'M READY TO GO OUT AGAIN.
NOW I CAN CLOSE MY EYES WITHOUT SEEING HIS FACE.
I GOT MY LIFE BACK.
I'M NOT HIS VICTIM ANYMORE.
Rape can take away your sense of safety, trust, and self-esteem. It can make you feel
The way to reclaim your life is to talk with someone who can help, like a counselor, a friend, or a family member. Because the longer you keep it to yourself, the harder it is to make it go away.
www.911rape.org

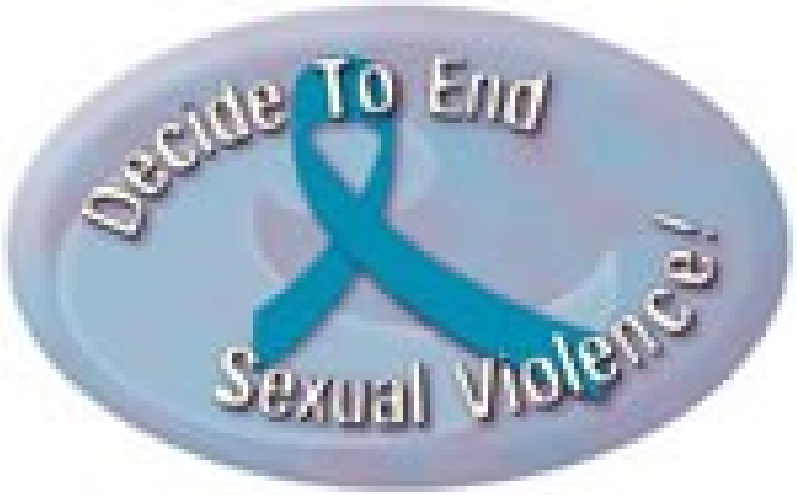
http://www.rape911.org/

Tertiary Prevention

- Long-term responses *after* sexual violence has occurred to deal with the lasting consequences of violence and sex offender treatment interventions.
  - First Responder Protocols
  - Awareness raising events, like Take Back the Night rallies

http://www.cdc.gov/ncipc/dvp/SVPrevention.pdf

Sexual Assault Awareness Month (SAAM)



http://www.nsvrc.org/saam/index.html

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